

WELCOME TO PLAYITAS & THE 118TH



INTERNATIONAL

FITNESS & FUNWEEK

20TH OF JANUARY TO THE 2ND OF FEBRUARY 2020

FITNESSFUNWEEKS.COM

AerobicWeekends
SWEDEN



play itas

apollo sports



FORMA KROPPEN
Kraft & Kunskap till en bättre livsstil

AKTIVSENIOR

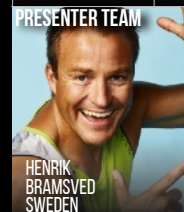
EDUCATIONWEEK
GROUP FITNESS INSTRUCTORS TRAINING

STYRKEVECKAN
AKO RAHIM - COACH GYULA

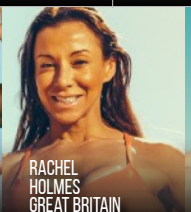
get inspired

	MONDAY 20.01	TUESDAY 21.01	WEDNESDAY 22.01	THURSDAY 23.01	FRIDAY 24.01	SATURDAY 25.01	SUNDAY 26.01	MONDAY 27.01	TUESDAY 28.01	WEDNESDAY 29.01	THURSDAY 30.01	FRIDAY 31.01	SATURDAY 01.02	SUNDAY 02.02
INSTRUCTOR EDUCATION		09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00
07.30-08.00 MEET AT MC1		MORNING WALK+RUN JANE 30MIN & GYULA 75MIN	SUNRISE MOUNTAIN WALK 07.00 WITH QIGONG	FUNCTIONAL WALK HENRIK & RACHEL	MORNING WALK+RUN JANE 30MIN & GYULA 75MIN	QIGONG AT THE BEACH 07:30 BEACH BAR	MORNING WALK SOFIA & SOFIE	MORNING WALK+RUN RACHEL & SOFIE	MORNING WALK+RUN SOFIE & HENRIK	SUNRISE MOUNTAIN WALK 07.00 WITH QIGONG	MORNING WALK+RUN SOFIE & HENRIK	EASY MORNING RUN VIVI & SOFIE	SUNRISE MOUNTAIN WALK 07.00 WITH QIGONG	WALK & TALK HENRIK
08.00-08.45 MULTI COURT 1	POWER WALK & INFO 08.00 MEET AT MC1	EASY YOGA MOVES HENRIK & JANE	MORNING YOGA VIVI & JANE	MORNING MOBILITY AKO	MORNING PILATES RACHEL	MORNING YOGA JANE & VIVI	MOVING MEDITATION RACHEL	EASY YOGA MOVES HENRIK	MORNING PILATES RACHEL	MORNING YOGA VIVI & SOFIE	CORE & STRETCH HENRIK	QIGONG AT THE BEACH 08:00 BEACH BAR	MORNING PILATES VIVI	EASY YOGA MOVES VIVI
10.00-10.50 SEMINAR ROOM AT	IMPORTANT FITNESS KNOW-HOW FOR ALL	TRÄNA FUNKTIONELLT GYULA & HENRIK	TRÄNINGSLÄRA STYRKA AKO & GYULA	RYGGFRISK HENRIK & GYULA	WEIGHT CONTROL RACHEL	HITTA MOTIVATIONEN JANE	TRÄNA MED PULSEN! HENRIK	IMPORTANT FITNESS KNOW-HOW FOR ALL	MINDFULNESS RACHEL	TRÄNA FUNKTIONELLT HENRIK	RYGGFRISK HENRIK	ÄR VIKTEN VIKTIG? HENRIK	KORTKURS OM KOST HENRIK	TRÄNA MED PULSEN! HENRIK
10.00-10.50 PLAZA RAMBLA	WELCOME TO PLAYITAS & THE 118 TH INTERNATIONAL FITNESS & FUNWEEK	FIGHT FIT BRETT	HOUSE DANCE MOVES VIVI	SOCAL DANCEHALL VIVI	SHOW JAZZ VIVI	BASIC SALSA VIVI & SOFIE	CHAIR DANCE VIVI & SOFIE	HIP HOP VIVI	FIGHT FIT BRETT	HOUSE DANCE MOVES VIVI	SOCAL DANCEHALL VIVI	SHOW JAZZ VIVI	BASIC SALSA VIVI	CHAIR DANCE VIVI
11.00-11.50 OPEN MULTI COURT 1		CORE TRAINING 1 HENRIK	H.I.T. VS TABATA HENRIK & JANE	POWER STEP RACHEL & HENRIK	DANZY TEAM TEACH	FITNESS BOXING BRETT & JANE	CORE TRAINING 2 HENRIK	PILATES FOR ALL RACHEL	CORE TRAINING 1 HENRIK & VIVI	H.I.T. VS TABATA HENRIK	POWER STEP RACHEL & HENRIK	FIGHT FIT BRETT	DANZY TEAM TEACH	CORE TRAINING 2 HENRIK
11.00-11.50 TENNIS COURT 6		XCORD INTRO BRETT WEIGHT LIFTING AKO & GYULA	KETTLEBELLS BRETT WEIGHT LIFTING AKO & GYULA	HEALTHY BACK RYGGFRISK - GYULA WEIGHT LIFTING AKO & BRETT	BOXING BRETT WEIGHT LIFTING AKO & GYULA	XCORD vs. FOAM ROLLER VIVI & RACHEL WEIGHT LIFTING AKO & GYULA	10.00 PLAYITAS OLYMPIC LIFTING CHAMPION 2HRS	KETTLEBELLS vs. XCORD BRETT & SOFIE	XCORD HEALTHY BACK VIVI LIFTING SCHOOL BRETT	KETTLEBELLS & WEIGHT LIFTING BRETT & SOFIE	XCORD HEALTHY BACK VIVI WEIGHT LIFTING BRETT	XCORD STRENGTH & WEIGHT LIFTING VIVI	BOXING BRETT	WEIGHT LIFTING BRETT
11.00-11.50 PLAZA RAMBLA	RUNNING SCHOOL FOR ALL JANE	ACTIVE SENIORS CARDIO - JANE	ACTIVE SENIORS STRENGTH AT FITNESSC. VIVI	ACTIVE SENIORS RYGGFRISK GYULA TC6	ACTIVE SENIORS FOAM ROLLER - RACHEL	ACTIVE SENIORS GYMPA - HENRIK	ACTIVE SENIORS STEP CARDIO - RACHEL	ACTIVE SENIORS PILATES - RACHEL	ACTIVE SENIORS CORE - MC1 HENRIK	ACTIVE SENIORS STRENGTH AT FITNESSC. VIVI	ACTIVE SENIORS RYGGFRISK VIVI TC6	ACTIVE SENIORS GYMPA - HENRIK	ACTIVE SENIORS YOGA - VIVI	ACTIVE SENIORS BALANCE - VIVI
12.00-12.50 MULTI COURT 1	CROSSFITNESS FOR ALL HENRIK & BRETT	EASY DANCE MOVES JANE & HENRIK	EASY YOGA JANE	PILATES FOR ALL RACHEL	TRI BARRE RACHEL & VIVI	ACTIVATION BANDS PILATES - RACHEL	DEEP DUAL STRETCH HENRIK & SOFIE	YOGA FLOW RACHEL	TRI BARRE RACHEL & VIVI	EASY DANCE MOVES SOFIE & VIVI	CORE & STRETCH SOFIE	YOGA FLOW VIVI	FITNESS PILATES VIVI	DEEP DUAL STRETCH HENRIK
12.00-12.50 PLAZA RAMBLA		CROSSFITNESS INTRO GYULA & BRETT	CROSSFITNESS LEVEL1 GYULA & AKO	FIGHTING FYS AKO & BRETT	CROSSFITNESS LEVEL2 GYULA & BRETT	CROSSFITNESS LEVEL3 GYULA & BRETT	CROSSFITNESS W.O.D. VIVI	CROSSFITNESS W.O.D. BRETT	CROSSFITNESS WOD BRETT & SOFIE	CROSSFITNESS LEVEL1 BRETT & HENRIK	FIGHTING FYS BRETT	CROSSFITNESS LEVEL2 BRETT & HENRIK	CROSSFITNESS LEVEL3 HENRIK & BRETT	
15.15-15.45 OPEN APARTHOTEL POOL	IMPORTANT INFOFOUR 16.15 & 18.00 PLAZA RAMBLA	AQUA SPLASHDANCE HENRIK & JANE	AQUA H.I.T. FITNESS RACHEL & HENRIK	AQUA FUN PLAYITAS SPORTS TEAM	AQUA PILATES PLAYITAS SPORTS TEAM	AQUA FUN PLAYITAS SPORTS TEAM	AQUA H.I.T. FITNESS HENRIK RACHEL SOFIE	AQUA FUN PLAYITAS SPORTS TEAM	AQUA PILATES RACHEL	AQUA SPLASHDANCE VIVI, HENRIK, SOFIE	AQUA H.I.T. FITNESS HENRIK & SOFIE	AQUA FUN PLAYITAS SPORTS TEAM	AQUA SPLASHDANCE HENRIK & SOFIE	AQUA H.I.T. FITNESS TEAM TEACH
16.00-16.50 PLAZA RAMBLA		CORE TRAINING 2 HENRIK & JANE	RUNNING SCHOOL JANE	BASIC AEROBICS RACHEL & HENRIK	BOOTCAMP FOR FUN JANE & BRETT	RUNNING SCHOOL JANE	14:45 CHALLENGEX 120 MIN GYULA & AKO	BOOTCAMP FOR FUN VIVI & HENRIK	BASIC AEROBICS RACHEL & HENRIK	DANZY TEAM	GYMNASTIC MOVES HENRIK	BOOTCAMP FOR FUN BRETT WITH TEAM	AEROBIC DANCE VIVI	15:00 CHALLENGEX 120 MIN HENRIK & BRETT
16.00-16.50 FITNESSCENTER		STRENGTH TRAINING INTRO GYULA & BRETT	STRENGTH TRAINING INTRO VIVI & BRETT	STRENGTH TRAINING LEGS & BUM VIVI & BRETT	STRENGTH TRAINING SHOULDERS & CHEST VIVI	STRENGTH TRAINING ABS & BACK BRETT SOFIE	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING FOLLOW THE PROGRAM	STRENGTH TRAINING INTRO BRETT & SOFIE	STRENGTH TRAINING INTRO VIVI & BRETT	STRENGTH TRAINING LEGS & BUM VIVI & BRETT	STRENGTH TRAINING SHOULDERS & CHEST VIVI	STRENGTH TRAINING ABS & BACK BRETT	STRENGTH TRAINING FOLLOW THE PROGRAM
17.00-17.45 OPEN MULTI COURT 1	FITNESS & FUN WELCOME!	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S, 80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S, 80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN FAREWELL WORKOUT
17.45-18.15 OPEN MULTI COURT 1	YOGA STRETCH JANE	STRETCH & RELAX HENRIK	SWIMRUN FOR FUN 17.00 BEACH BAR	STRETCH & RELAX HENRIK	STRETCH & RELAX RACHEL	STRETCH & RELAX VIVI	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX PLAYITAS SPORTS TEAM	YOGA STRETCH RACHEL	SWIMRUN FOR FUN 17.00 BEACH BAR	STRETCH & RELAX HENRIK	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX PLAYITAS SPORTS TEAM	STRETCH & RELAX PLAYITAS SPORTS TEAM
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DRESS WHITE	AFTER WORKOUT SURF CLUB 18.00	BLACK & WHITE GALA MINGLE	SALSA & ROSE MINGLE	MEET & GREET CAVA & MINGLE	SANGRIA PARTY	ROSE & CHILL MINGLE	WHITE NIGHT MINGLE DRESS WHITE	AFTER WORKOUT SURF CLUB 18.00	BLACK & WHITE GALA MINGLE	FAREWELL MINGLE
21.30- ENTERTAINMENT	WELCOME PARTY PALAPA BAR	PARTY WORKOUT 30MIN TEAM TEACH PALAPA	BEDTIME MEDITATION RACHEL SEMINAR ROOM	WHITE PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	LATE NIGHT PILATES RACHEL SEMINAR ROOM	WELCOME PARTY DA LUIGI	BEDTIME MEDITATION RACHEL SEMINAR ROOM	PARTY WORKOUT 30MIN TEAM TEACH PALAPA	WHITE PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	BLACK & WHITE PARTY WITH SALSA	FAREWELL PARTY

PRESENTER TEAM



HENRIK
BRAMSVÉD
SWEDEN



RACHEL
HOLMES
GREAT BRITAIN



GYULA
BERCSENYI
HUNGARY



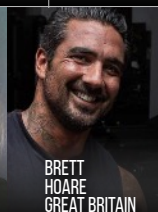
JANE
RUNESSON
SWEDEN



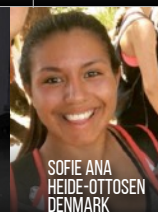
AKO
RAHIM
SWEDEN



VIVI
JEPPESSEN
DENMARK



BRETT
HOARE
GREAT BRITAIN



SOFIE ANA
HEIDE-OTTOSEN
DENMARK



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